Be-Ro

Home Recipes

SCONES * CAKES
PASTRY * PUDDINGS

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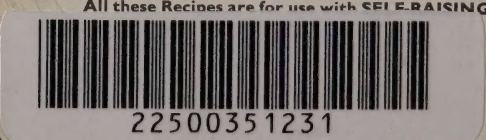
All these Recipes are for use with SELF-RAISING FLOUR only



FOR QUALITY AND ECONOMICAL HOME BAKING

FOR many years BE-RO Self-Raising Flour has been extremely popular, and so widely has it become known among Home Cooks as a flour which gives a higher and more regular standard of results, that a demand for it comes from all parts of the British Isles.

Its high quality enables those who take a pride in Home Baking to make a very large variety of delicious Scones, Cakes, Pastry and Puddings, from the simplest and most economical of recipes.

These recipes have been specially evolved for use with BE-RO Self-Raising Flour, and have been tested and used for years by many thousands of Practical Home Cooks, and are published only in this BE-RO Recipe Book of which over 22 million copies have been distributed.

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Thomas Bell & Son Ltd.

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GOOD HOME BAKING
is something to be proud of

THE woman who can cook well and bake well has every reason and every right to be proud of her cooking.

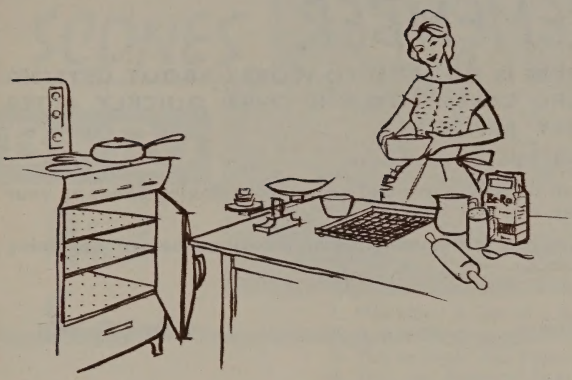
In ninety-nine cases out of a hundred she has a happy home, because good cooking means good food, and good food means good health.

There's no more pleasing sight than that of a happy family around a well-stocked tea-table, all enjoying their food; and the mother who is responsible for the good cooking, and who has prepared it with her own hands, has every right to survey the results of her culinary skill with pride and satisfaction.

It's more economical, too!

The tasty Scones and Cakes that you make at home, the appetising Pies and Tarts, all cost much less than those you buy ready made. You know what's in them, too; you know they are good and pure; that they have been made under clean, hygienic conditions . . . . and your doctor will tell you that good, wholesome food is worth more than all the medicine in the world, especially for hungry, growing children.

That's why it pays to bake at home!



COMPARATIVE TEMPERATURES AND APPROXIMATE OVEN SETTINGS.

Description	*Gas Oven Regulo*	*Temperature °F.*
Slow oven	1 — 2	250 — 300
Very moderate	2 — 3	300 — 350
Moderate	3 — 4	350 — 375
Moderately hot	4 — 5	375 — 425
Hot	6 — 7	425 — 450
Very Hot	8 — 10	450 — 500

The above cooker settings are only approximate, as makes of cookers, and individual cookers, vary considerably. Study the chart provided with your cooker.

SCONES, and "RUFF PUFF" PASTRY, NEED A HOT OVEN, and are usually placed near the top, as this part is hottest.

SMALL CAKES, BUNS and SHORT PASTRY require a fairly hot oven, but not quite so hot as for Scones and "Ruff Puff" Pastry.

MEDIUM-SIZED CAKES (such as Sandwich Cake) require a MODERATE OVEN, and should be placed on the middle grid shelf.

LARGE CAKES should also be placed on the middle grid shelf, and given a moderate heat for about half the time, with a slow heat to finish.

When baking large Cakes, it is best not to open the oven door for at least half an hour after putting the Cakes in.

ALWAYS OPEN AND CLOSE THE OVEN DOOR GENTLY. Slamming the door may make a Cake fall in the centre.

Baking Sheets and Cake Tins should be kept about one-and-a-half inches away from the side of the Oven, to allow hot air to circulate freely.

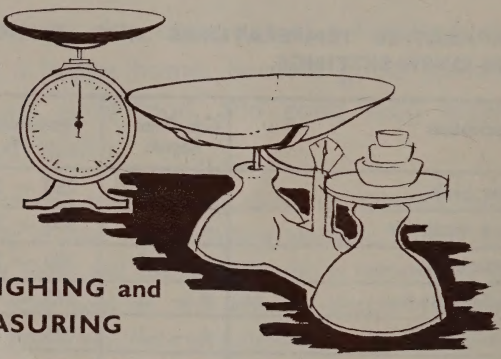
REMEMBER

THERE IS NO NEED TO WORRY ABOUT GETTING BE-RO CAKES INTO THE OVEN QUICKLY AFTER THEY ARE MIXED.

First look to your oven.

Then slightly warm and grease your Baking Sheet or your Cake tin.

Have everything weighed or measured before beginning to mix.



WEIGHING and MEASURING

Accurate weighing and measuring of all ingredients is essential to good results—never guess weights.

The surest way is to use Scales, but if you do not possess a Set of Scales, we give below a chart as a guide.

Flour ... ... Cornflour ... ... Cocoa ... ... Custard Powder ...	1 rounded Tablespoonful	1 oz.
Sugar	1 level Tablespoonful ...	1 oz.
Jam and Syrup ...	1 level Tablespoonful ...	2 ozs.
Liquids	1 teacup contains (Quarter pint approx.)	
Butter, Margarine, Lard	Piece the size of a Walnut	½ oz.

SCONES

Be-Ro Rich Scones

8-ozs. BE-RO S.R. FLOUR.
Half a Teaspoonful SALT.
1½-ozs. LARD.
1-oz. SUGAR.
MILK (to make a soft dough).
Two Tablespoonfuls CURRANTS (or SULTANAS).
One EGG (Beaten—Put aside a tablespoonful for the tops).

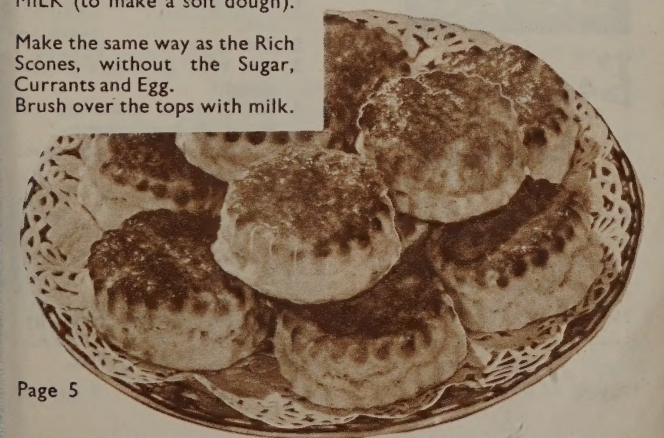
1. Mix Flour & Salt in a Basin.
2. Rub in Lard.
3. Mix in Sugar and Fruit.
4. Stir in Beaten Egg and sufficient milk to make a soft dough.
5. Roll out to thickness of half an inch and cut in rounds with a 2½" scone cutter.
6. Place on greased Baking Sheet, brush over tops with Beaten Egg. Bake in a HOT OVEN (425°–450° F. Regulo 6–7) for about 10 minutes.

Makes 14 Scones.

Be-Ro Plain Scones

8-ozs. BE-RO S.R. FLOUR.
Half Teaspoonful of SALT.
1½-ozs. LARD.
MILK (to make a soft dough).

Make the same way as the Rich Scones, without the Sugar, Currants and Egg.
Brush over the tops with milk.



Be-Ro

Victoria Scones

8-ozs. BE-RO S.R. FLOUR.
Half Teaspoonful of SALT.
2-ozs. LARD.
2-ozs. SUGAR.
8 Glace CHERRIES.
One EGG (Beaten. Put aside a tablespoonful for the tops).
MILK (to make a soft dough).

1. Mix Flour and Salt in a basin
2. Rub in Lard.
3. Mix in Sugar.
4. Stir in with a knife, beaten egg and milk to make a soft dough.
5. Turn on to floured board and divide into 4 portions.
6. Roll into rounds about ½" thick.
7. Place on greased Baking Sheet.
8. Make deep right-angle cuts across the tops with a knife, almost into quarters.
9. Brush over with beaten egg and place half a cherry in the centre of each quarter.

10. Bake in HOT OVEN (425°–450° F. Regulo 6–7) about 15 minutes.

Be-Ro

Brown Scones

6-ozs. BE-RO S.R. FLOUR.
2-ozs. WHOLEMEAL.
Half Teaspoonful of SALT.
1½-ozs. LARD.
MILK or WATER.

1. Mix Flour, Wholemeal and Salt.
2. Rub in Lard.
3. Add Milk (to make a soft dough).
4. Roll out to thickness of about ½", handle lightly.
5. Cut into rounds or triangles (as desired).
6. Place on Greased Baking Sheet.

7. Bake in HOT OVEN (425°–450° F. Regulo 6–7) about 10 to 15 minutes.

These Scones may be varied by using OATMEAL or RYEMEAL instead of WHOLEMEAL.

Be-Ro Milk Fadge

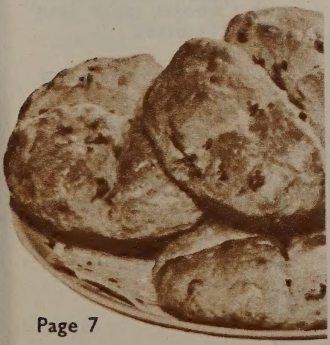
1-lb. BE-RO S.R. FLOUR.
One Teaspoonful of SALT.
2-ozs. LARD.
Half Pint of MILK.

1. Mix Flour and Salt in a basin
2. Rub in Lard.
3. Make into dough with milk (a little over a half-pint may be necessary).
4. Cut into two portions.
5. Roll out to about 1" thick.
6. Place on greased Baking Sheet.
7. Bake in a MODERATELY HOT OVEN—(375°–425° F. Regulo 4–5) about 30 minutes.

Be-Ro Spiced Buns

As HOT CROSS BUNS these are delicious

1-lb. BE-RO S.R. FLOUR.
One Teaspoonful of SALT.
One Teaspoonful MIXED SPICE.
2-ozs. LARD.
3-ozs. SUGAR.
3-ozs. CURRANTS.
2-ozs. CUT PEEL.
One EGG (Beaten, and put aside 1 tablespoonful for tops).
WATER (half a pint).



1. Mix Flour, Salt and Spice in a basin.
2. Rub in Lard.
3. Stir in Sugar, Currants and Peel.
4. Mix into a soft dough with beaten Egg and Water.
5. Divide into 12 portions (each about 3-ozs.) Make into buns and roll out a little.
6. Place on greased baking sheet.
7. Make deep right-angle cuts across the tops with a knife, and brush over with beaten egg.
8. Bake in HOT OVEN (425°–450° F. Regulo 6–7) about 15 minutes.

Be-Ro Dropped Scones

4-ozs. BE-RO S.R. FLOUR.
Quarter teaspoonful of SALT.
½-oz. MARGARINE.
2-ozs. SUGAR.
One EGG (beaten, with three tablespoonfuls MILK).
6 drops LEMON ESSENCE.

1. Mix Flour and Salt in a basin
2. Rub in Margarine.
3. Mix in Sugar.
4. Add Beaten Egg and Milk to make a smooth batter.
5. Add flavouring.
6. Bake 2 or 3 at a time by dropping a level tablespoonful for each scone on to a fairly HOT AND WELL GREASED GIRDLE (a solid iron oven shelf or frying pan will do).

Bake quickly over a fire, gas ring, or hot spot. When brown underneath turn and cook other side.
Cool on a wire tray.
Eat Buttered.
Makes 12 Scones.

Be-Ro Girdle Scones

1-lb. BE-RO S.R. FLOUR.
Half Teaspoonful of SALT.
2-ozs. LARD.
2-ozs. SUGAR.
One EGG, beaten with
Half Pint of MILK.

1. Mix Flour and Salt.
2. Rub in Lard.
3. Mix in Sugar.
4. Mix in Egg and Milk quickly with a wooden spoon until Flour is absorbed (no longer).
5. Empty on to a well-floured baking board.
6. Make into four round balls. (Do not knead as the less handling the dough gets, the better the Scones).
7. Roll out to ¼" thickness and cut into four.
8. Bake on a moderately-hot GIRDLE. When brown on one side—turn.

Be-Ro

Girdle Cakes

8-ozs. BE-RO S.R. FLOUR.
Half Teaspoonful SALT.
1-oz. CURRANTS.
2-ozs. MARGARINE.
2-ozs. LARD.
MILK or WATER.

1. Mix Flour and Salt in a basin
2. Rub in Lard and Margarine.
3. Add Currants.
4. Mix to a moderately stiff dough with Milk or Water.
5. Roll out thinly and cut into rounds.
6. Bake on a HOT GIRDLE. When brown on one side, turn. SERVE HOT—BUTTERED.

Be-Ro

London Buns

8-ozs. BE-RO S.R. FLOUR.
Half Teaspoonful of SALT.
2-ozs. MARGARINE.
2-ozs. SUGAR.
1-oz. PEEL (cut fine).
One EGG, (Beaten. Put aside a tablespoonful for tops).
2 Tablespoonfuls MILK.
A few drops of Essence of LEMON.

1. Mix Flour and Salt in a basin
2. Rub in Margarine.
3. Add Sugar and Finely shredded Peel.
4. Add Beaten Egg.
5. Add a few drops of Essence of Lemon to the Milk and mix all to a dough.
6. Divide into 8 portions, forming into buns in well-floured hands.
7. Place on greased baking sheet.
8. Brush over with egg and sprinkle with coarse sugar.
9. Bake in HOT OVEN (425°–450° F. Regulo 6–7) about 20 minutes.

Be-Ro Coconut Rocks

8-ozs. BE-RO S.R. FLOUR.
3-ozs. SUGAR.
3-ozs. COCONUT.
3-ozs. MARGARINE.
One EGG, and a little MILK.

1. Mix Flour and Sugar in a bowl.
2. Rub in Margarine, add Coconut.
3. Mix to a STIFF DOUGH with beaten Egg and a little MILK.
4. Place in 14 rough heaps on a greased baking sheet.

5. BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7) about 15 to 20 minutes.

Be-Ro Rock Buns

8-ozs. BE-RO S.R. FLOUR.
3-ozs. SUGAR.
3-ozs. MARGARINE.
3-ozs. CURRANTS.
1-oz. PEEL (cut fine).
One EGG, and a very little MILK.

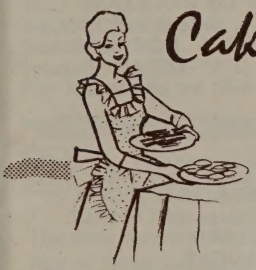
1. Put Flour and Sugar into a bowl.
2. Rub in Margarine.
3. Mix in Currants and the Chopped Peel.
4. Mix to a Stiff Dough with beaten Egg and a little Milk.
5. Place in 14 rough heaps on greased baking sheet.

6. Bake in HOT OVEN (425°–450° F. Regulo 6–7) about 20 minutes.

Be-Ro Rich Jam Cake

8-ozs. BE-RO S.R. FLOUR.
Half Teaspoonful SALT.
2-ozs. SUGAR.
2-ozs. LARD.
2-ozs. MARGARINE.
One EGG (Beaten).
JAM or MARMALADE.

1. Mix Flour and Salt.
2. Rub in the Lard and Margarine, and stir in the Sugar.
3. Mix to a stiff paste with the beaten Egg, add a little Milk if necessary.
4. Divide into two parts and roll out thinly, both same size.
5. Place one piece on a greased baking sheet, cover with Jam.
6. Place the other piece on top, and nip together.
7. Bake in a MODERATELY HOT OVEN (375°–425° F. Regulo 4–5) for about 15 to 20 minutes.
8. When cool cut into squares and triangles.

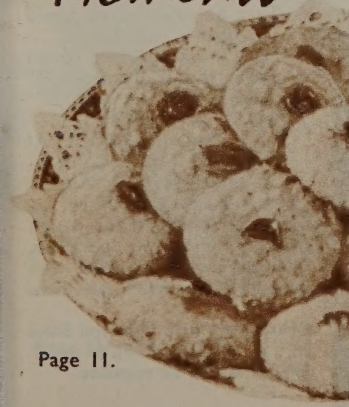


Be-Ro Melting Moments

5-ozs. BE-RO S.R. FLOUR.
3-ozs. CASTER SUGAR.
2½-ozs. MARGARINE.
1½-ozs. LARD.
Half an EGG.
1 Teaspoonful VANILLA ESSENCE.
ROLLED OATS or DESICCATED COCONUT.

1. Cream together the Fats and Sugar, and beat in the half Egg and Vanilla Essence.
2. Stir in the Flour and mix thoroughly.
3. With wet hands form the mixture into balls the size of large marbles, and coat with the Rolled Oats or Desiccated Coconut.
4. Place on greased baking sheets, and press out slightly.
5. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) for about 15–20 minutes.
6. Decorate with small pieces of Glace Cherries.

(Makes about 40 Biscuits).



Be-Ro Walnut Bread

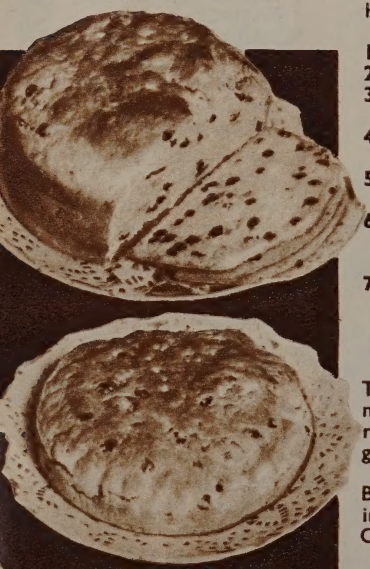
To be eaten Buttered.

1-lb. BE-RO S.R. FLOUR.
One Teaspoonful SALT.
1-oz. LARD.
3-ozs. SUGAR.
4-ozs. Shelled WALNUTS.
3-ozs. Stoned RAISINS.
One EGG.
Half Pint of MILK.

1. Mix Flour, Salt and Sugar in a basin.
2. Rub in Lard.
3. Chop Walnuts and Raisins and mix in with the Flour.
4. Beat Egg with half a pint of Milk and mix into the dry ingredients, making a soft dough.
5. Place in a well-greased round Cake tin (7" in diameter, 3" deep) and smooth over top with a knife.
6. Bake in a MODERATELY HOT OVEN—(375°–425° F. Regulo 4–5) for one hour.

Be-Ro

Tea Loaf or Cakes



1-lb. BE-RO S.R. FLOUR.
One Teaspoonful of SALT.
2-ozs. LARD.
1-oz. SUGAR.
3-ozs. CURRANTS.
1-oz. CHOPPED PEEL.
Half Pint of MILK.

1. Mix Flour and Salt in a basin
2. Rub in Lard.
3. Stir in Sugar, Currants and Peel.
4. Mix into a dough with the milk.
5. Turn on to a floured board and form a round.
6. Place in well greased round Cake tin (7" diameter, 3" deep).
7. Brush over with Milk.
8. Bake in a MODERATELY HOT OVEN—(375°–425° F. Regulo 4–5) about an hour.

To make smaller cakes, divide mixture into two portions, roll out and place in 2 well greased 7" Sandwich cake tins.

Brush over with Milk and Bake in a MODERATELY HOT OVEN about 30 minutes.

Be-Ro Granny Loaf

1-lb. BE-RO S.R. FLOUR.
One Teaspoonful SALT.
One Teaspoonful MIXED SPICE.
2-ozs. LARD.
3-ozs. SUGAR.
2-ozs. CURRANTS.
2-ozs. RAISINS.
2-ozs. CUT PEEL.
Half Pint MILK.

1. Mix Flour, Salt and Spice in a basin.
2. Rub in Lard.
3. Stir in Sugar, Fruit and Peel.
4. Make into dough with the Milk.
5. Proceed as with Tea Loaf.

Be-Ro Fig or Date Bread

The same recipe as the Tea Loaf (page 12), using 6-ozs. Chopped Figs or Dates instead of the Currants and Peel.

Be-Ro Milk Bread

1-lb. BE-RO S.R. FLOUR.
One Teaspoonful SALT.
Half Pint of MILK (or a little more).

1. Mix Flour and Salt in a basin
2. Make into a dough with the Milk.
3. Place in a 7" (3" deep) round Cake tin, well-greased.
4. Bake in a MODERATELY HOT OVEN—(375°–425° F. Regulo 4–5) about an hour.

PASTRY

THREE RULES FOR PASTRY MAKING

(1) **Handle it Lightly.**
(2) **Keep it Cool.**
(3) **Bake it in a HOT Oven.**

COOL hands, a cool slab, and water as cold as possible, help you to produce the best results. Use the finger-tips, as they are the coolest part of the hands. Always mix with a knife. Add the water gradually, using as little as possible, as the pastry should be very stiff. After adding water, avoid adding more flour, as this spoils Pastry.

Pastry requires a HOT OVEN.

Bake on the top Shelf,

as this part is hottest.

8-ozs. BE-RO S.R. FLOUR.
Half Teaspoonful SALT.
5-ozs. LARD.
COLD WATER (approx. $\frac{1}{4}$ pint).

1. Mix Flour and Salt in a basin
2. Cut Lard into small pieces and mix with the Flour, using a knife. (Do not rub the lard in).
3. Mix into a stiff paste with COLD Water.
4. Turn on to a floured board, and roll out into a narrow strip; fold into 3, turn one of the open ends towards you and roll out again. Do this three times. Roll the last time into the shape desired.

ALWAYS TAKE CARE TO ROLL FROM YOU, and do not break the little air bubbles that will rise.

5. BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7).

Be-Ro

Ruff Puff Pastry

Be-Ro Fruit Pie

About 1½-lb. FRUIT. SUGAR to sweeten.

1. Prepare the Fruit, and let it simmer, with a little water and Sugar to sweeten in a saucepan for 15 minutes.
2. Make BE-RO "RUFF PUFF" PASTRY (as recipe on page 14).
3. Fill dish with the Fruit, placing pie-funnel in centre.
4. Roll out the Pastry, the shape of (but a little larger than) the top of the dish, and cut a strip off the edge.
5. Wet the edge of the dish, and place the strip all round, moisten it, and cover the pie with the remainder of the Pastry, pressing the edges together.
6. Trim the edge, and decorate the top with cuttings of Pastry.
7. Make a hole in the centre, and brush over with beaten Egg (or Milk).
8. BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7), about half an hour.
9. When cooked, dredge over top with Caster Sugar.

Be-Ro Beef Steak Pie

1½-lb. STEAK & KIDNEY. One Tablespoonful FLOUR.
One Teaspoonful SALT. Quarter Teaspoonful PEPPER.

1. Mix, on a plate, the Flour, Salt and Pepper.
2. Cut the Meat into small pieces, and roll it in the Flour, Pepper and Salt mixture.
3. Place it in a stew-pan, cover with water, and simmer about an hour, stirring occasionally.
4. Make BE-RO "RUFF PUFF" PASTRY (as recipe on page 14).
5. Put the Meat into a pie-dish. Do not fill more than two thirds with Gravy (or the crust will be wet and sodden).
6. Put a pie funnel in the centre if the dish is not well filled with Meat.
7. Roll out the Pastry into the shape of (but a little larger than) the top of the pie-dish, and cut a strip off the edge.
8. Wet the edge of the dish and place the strip all round, moisten it, and cover the pie with the remainder of the Pastry, pressing the edges together.
9. Trim the edge, and decorate the top with cuttings of the pastry.
10. Make a hole in the centre, and brush over the surface with beaten Egg or Milk.
11. BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7) for about half an hour.
12. If necessary, add a little boiling water to the gravy when serving.

ALWAYS PIERCE A SMALL HOLE IN THE TOP OF THE PIE TO LET THE STEAM OUT.

Favourites for Picnics

Be-Ro Beef Pasty

½-lb. STEAK.
One level Tablespoonful FLOUR.
1 Tablespoonful WATER.

1. Mince the Steak, and season to taste.
2. Add the Flour and Water.
3. Mix to consistency of Sausage Meat (or Sausage Meat may be used).
4. MAKE HALF THE QUANTITY OF BE-RO "RUFF PUFF" PASTRY (as recipe on page 14).
5. Cut into two portions, and roll these out to the size of a small dinner plate.
6. Grease an old plate and cover it with one portion of the Pastry.
7. Cover the centre with the Meat, and wet the edge all round.
8. Cover with the other round of the Pastry and press the edges together.
9. Trim the edge and decorate the top with cuttings of Pastry.
10. Brush over with beaten Egg (or Milk).
11. PRICK THE TOP AND BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7) for about half an hour

½-lb. FRUIT.
SUGAR.

1. Prepare the Fruit and Sugar to sweeten.
2. MAKE HALF THE QUANTITY OF BE-RO "RUFF PUFF" PASTRY (as recipe on page 14).
3. Proceed in the same way as given for Beef Pasty, using Fruit instead of Meat.

ALTERNATIVE FILLINGS:—
Egg & Bacon or
Cheese & Tomatoes.

Be-Ro Fruit Pasty

Be-Ro Saucer Pasties

Proceed as with Beef Pasty using saucers instead of a plate

4-ozs. MINCED BEEF.
A little GRATED ONION.
2-ozs. GRATED RAW POTATO.
PEPPER and SALT.

1. Mix together the Minced Beef, Grated Potato and Grated Onion with Pepper and Salt to taste.
2. For SIX PASTIES:— The quantity of BE-RO "RUFF PUFF" PASTRY (as recipe on page 14).
3. Roll out and cut into six rounds with a saucer.
4. Put a spoonful of the Meat Mixture in the centre of each, and wet round the edge of the pastry.
5. Fold the pastry over and press the edges together and trim.
6. Brush over with beaten Egg or Milk and make three slanting cuts across the tops with a knife.
7. Place on a greased baking sheet, and bake in a HOT OVEN (425°–450° F. Regulo 6–7) for about 30 minutes.

Be-Ro

Cornish Pasties

Be-Ro

Sly Cake

1. The same quantity of BE-RO "RUFF PUFF" PASTRY (as recipe on page 14).
2. Divide into two parts and roll out thin, both the same size.
3. Place one piece on greased baking sheet, cover with CURRANTS, small pieces of BUTTER, and a little SUGAR.
4. Wet the edge of the Pastry all round, and cover with the other portion of the Pastry.
5. Press the edges together and trim.
6. Mark lines on the top lightly with a knife from corner to corner, forming diamonds.
7. Brush over with BEATEN EGG OR MILK.
8. Bake in a HOT OVEN (425°–450° F. Regulo 6–7) about 20-25 minutes.
9. When cooked sprinkle top with CASTER SUGAR, and cut into dainty squares.

May be made with SHORT PASTRY, and MINCEMEAT may be used in place of CURRANTS.

Be-Ro Sausage Rolls

1. For 20 SAUSAGE ROLLS:- Make the same quantity of BE-RO "RUFF PUFF" PASTRY (as recipe on page 14).
2. Roll it out and cut into pieces about 3" square.
3. ½-lb. SAUSAGE MEAT (or take ½-lb. Sausages out of their skins), and divide into 20 portions.
4. Roll the Meat slightly (in hands well floured) and place on the pieces of Pastry.
5. Fold the Pastry over with a slight overlap.
6. Place the rolls on baking sheet (with the overlap joint underneath).
7. Brush over with beaten Egg, and make three slanting cuts across the tops about 1" long.
8. BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7) about 20 minutes (until nicely browned).

A TIME SAVER—Fold a long strip of pastry 3" wide over an equivalent length of sausage meat then cut into required lengths.

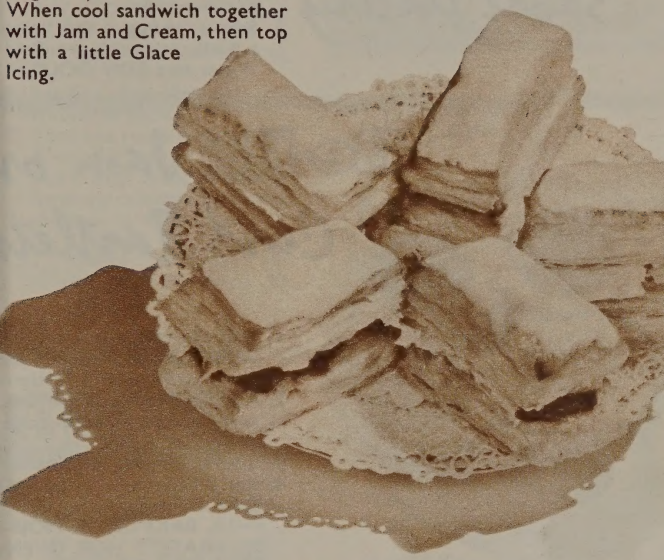
Be-Ro Mince Pies

1. For 20 MINCE PIES:- Make the same quantity of BE-RO "RUFF PUFF" PASTRY (as recipe on page 14).
2. Roll out VERY THIN.
3. Stamp out 20 small rounds with Scone Cutters, and 20 a little larger.
4. Line 20 patty tins with the larger rounds of Pastry.
5. Fill each with heaped teaspoonful MINCEMEAT.
6. Wet the edges and cover with the small rounds of Pastry.
7. Press the edges gently in, and cut a tiny hole in the tops.
8. Brush over with beaten Egg.
9. BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7) about 15 minutes.

Be-Ro Vanilla Slices

8-ozs. BE-RO "RUFF PUFF" Pastry cut into pieces approximately 2" × 3½".

Bake on greased baking sheet in HOT OVEN (425°–450° F. Regulo 7) for about 15 minutes When cool sandwich together with Jam and Cream, then top with a little Glace Icing.



Mock Cream

3-ozs. MARGARINE or BUTTER.
3-ozs. CASTER SUGAR.
2 Tablespoonfuls boiling WATER.

Beat Margarine slightly. Add water to Sugar and leave to cool. Mix together. Add flavouring if desired.

Give the Children a regular treat

ANOTHER KIND OF PASTRY

Be-Ro Short Pastry

8-ozs. BE-RO S.R. FLOUR.
Half Teaspoonful SALT.
1-oz. SUGAR.
2-ozs. LARD.
2-ozs. MARGARINE.
COLD WATER (approximately 8 teaspoonfuls).

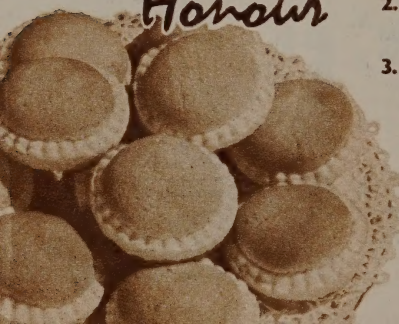
1. Mix Flour and Salt in basin.
2. Rub in the Lard and Margarine lightly until like bread-crumbs.
3. Stir in the Sugar, and, using a Knife, mix with the Cold Water to a STIFF DOUGH.

Be-Ro Jam or Curd Tartlets

1. Half the recipe quantity of BE-RO SHORT PASTRY (as above) will make 14 Tartlets
2. Roll the Pastry out thin, and cut into rounds with scone cutter.
3. Line patty tins with same.
4. Put a little Jam or Lemon Curd in each.

5. BAKE IN A MODERATELY HOT OVEN (425° F. Regulo 5–6).

Be-Ro Maids of Honour



1. Half the recipe quantity of BE-RO SHORT PASTRY, and half the recipe quantity of BE-RO SANDWICH CAKE MIXTURE (see page 33) to make 14 Cakes.
2. Roll the Pastry out thin, and cut into rounds with scone cutter.
3. Line 14 patty tins with the Pastry, and put a little Jam into each, then a teaspoonful of the Sandwich Cake Mixture.
4. BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7) for about 20 minutes.

2-ozs. SUGAR.
2-ozs. GROUND ALMONDS.
Rather less than 1 EGG.
A little RASPBERRY JAM.

1. Mix Almonds and Sugar with sufficient beaten Egg to make a soft mixture. (A whole Egg will be too much).
2. To make 14 Cakes HALF THE RECIPE QUANTITY of BE-RO SHORT PASTRY.
3. Roll the Pastry out thin, and line 14 patty tins.
4. Put one third of a teaspoonful Jam in each.
5. Then one teaspoonful of the Almond Mixture.
6. Make thin strips of Pastry from any cuttings, lay across the tops at right angles.
7. BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7) about 20 minutes.

Be-Ro Macaroons

Be-Ro Lemon Meringue Tartlets

1. Make 12 BE-RO Lemon Curd Tartlets.

WHITE OF AN EGG.
CHERRY and ANGELICA.
2-ozs. CASTER SUGAR.

2. While the Tartlets are cooking, whip the White of an Egg until very stiff.
3. Take 1 dessertspoonful from the 2-ozs. Caster Sugar, and whip with the white of Egg until stiff enough to form peaks.
4. Fold in the remainder of the Sugar.
5. When the Tartlets are cooked, remove carefully from tins and place on cooling tray.
6. Pipe the Meringue on each and sprinkle with a little Caster Sugar.
7. Decorate with small piece of Cherry and Angelica.
8. Place in a VERY COOL oven for about 30 minutes to dry the Meringue.

Be-Ro Rich Coconut Tartlets

1. Make BE-RO SHORT PASTRY.
2. Line approximately 24 Patt Tins with same.
3. Place less than ½ teaspoonfu Raspberry Jam in each.

FILLING

4. Cream together—
   4-ozs. Margarine.
   4-ozs. Caster Sugar.
5. Stir in—
   4-ozs. Desiccated Coconut
   1 Egg (beaten).
6. Mix well.
7. Form the filling into 24 little balls (about 1 tea spoonful in each). Place on each case and flatten to fit.
8. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about 15 minutes.

Be-Ro Coconut Meringue Slices

4-ozs. BE-RO SHORT PASTRY
WHITE OF 1 EGG.
1-oz. DESICCATED COCONUT.
RASPBERRY JAM.
2-ozs. CASTER SUGAR.

1. Roll pastry into an oblong about 9″×6″.
2. Spread with Raspberry Jam and BAKE.
3. Make the Meringue as for the Lemon Meringue Tartlets, but fold in 1-oz. Coconut at the same time as the Sugar.
4. When the pastry is cooked spread the Meringue mixture over the top.
5. BAKE in a MODERATE OVEN (350°–375° F. Regulo 3–4) until a pale brown

Be-Ro Custard Tart

Half Quantity BE-RO SHORT PASTRY.

Custard Filling

Two Eggs. Half Pint Milk.
Two Tablespoonfuls Sugar.

1. Line a 7" Sandwich Cake tin with the Short Pastry. Prick over lightly with a fork. (Do not penetrate right through Pastry).
2. Line again on top of Pastry with Greased paper and rice or beans to prevent the pastry from rising.
3. Partly bake in a MODERATE OVEN—(350°–375° F. Regulo 3–4) about 15 minutes.
4. Prepare the Custard Filling, Whisk the Eggs. Bring Milk and Sugar to boil, pour on to the Eggs, and stir.
5. Take the paper and rice gently off the partly baked pastry, and pour in the Custard Filling.
6. Grate a little Nutmeg on top and return to a Moderate Oven for a further 15 minutes to set.

Be-Ro Fruit Flan

Make pastry case as for Custard Tart, but bake in a MODERATE OVEN (350°—375° F. Regulo 3—4) for 20 minutes, or until firm and crisp.
Whilst baking, prepare fruit.
Thoroughly drain any tinned, bottled or stewed fruit.

GLAZE.
Quarter Pint FRUIT JUICE.
Two Teaspoonfuls ARROWROOT.
1½-ozs. SUGAR only if fruit juice is insipid in flavour.

Blend the Arrowroot with a little of fruit juice, return all to a saucepan including the Sugar.
Bring to the boil and cook until clear.
Arrange Fruit in cooled pastry case, pour over glaze while still slightly warm.
Decorate with whipped cream.
Leave in a cool place to set.

Be-Ro Custard Tartlets

Half Quantity BE-RO SHORT PASTRY.

1. Line 12 Tartlet Tins.
2. Half fill each with the Custard Filling given above.
3. Grate a little Nutmeg on tops, and bake in a MODERATELY HOT Oven (375°–425°) F. Regulo 4–5) 15–20 minutes.

Be-Ro Swedish Fingers

4-ozs. BE-RO SHORT PASTRY
Half Quantity BE-RO Sandwich Cake Mixture (as on page 33), but using only the yolk of one egg and a little Milk.
Lemon Curd and Raspberry Jam.

1. Roll out the pastry to a long strip about 3" wide and $\frac{1}{8}$" thick and place on a greased baking sheet.
2. Make the Sandwich Cake mixture soft enough for piping and put into forcing bag with a star nozzle.
3. Pipe a straight line down each side of the pastry, and one down the centre.
4. Bake in a HOT OVEN (425° F. Regulo 7) for 10–15 minutes.
5. When cold spread Lemon Curd down one side and Jam down the other.
6. Cut into fingers. (Makes 14–16).

Be-Ro Bakewell Tart

6-ozs. BE-RO SHORT PASTRY

FILLING:—
2-ozs. MARGARINE.
2-ozs. SUGAR.
2-ozs. BE-RO Ground Rice.
1-oz. Ground Almonds.
1 EGG.
2 tablespoonfuls Jam or Lemon Curd.
A few drops of Almond Essence if desired.

1. Line a 7" Sandwich Cake ti with the Short Pastry an spread with the Jam o Lemon Curd.
2. Cream Margarine and Suga
3. Mix together the Almond and Ground Rice.
4. Add the beaten Egg an Almond and Ground Ric Mixture, alternately a littl at a time to the Margarin and Sugar.
5. Spread the mixture care fully over the Jam or Lemo Curd, and bake in a Moder ate Oven (Regulo 3–4 350 –375° F.) for 40 to 4 minutes.

For added attraction decorat with strips of pastry an Almonds.

Be-Ro

Vegetable Flan

Make Pastry Case as for Custard Tart, but bake in a MODERATE OVEN (350°—375° F. Regulo 3—4) for 20 minutes or until firm and crisp. (But exclude the Sugar).

VEGETABLES:
2 Medium sized CARROTS } diced
Half an Onion } small
One small tin PEAS

SAUCE:
1½-ozs. FLOUR.
1½-ozs. MARGARINE
Half Pint MILK
3-4-ozs. CHEESE.

1. Dice and cook the vegetables.
2. Make sauce by melting fat in a saucepan.
3. Add Flour, cook for a few minutes.
4. Pour in half the Milk, bring to boil and add other half.
5. Add the Grated Cheese, hold over light until cheese has almost dissolved.
6. Mix in vegetables.
7. Pour contents of saucepan into the Pastry case.
8. Sprinkle a little grated Cheese over top
9. Brown under grill.

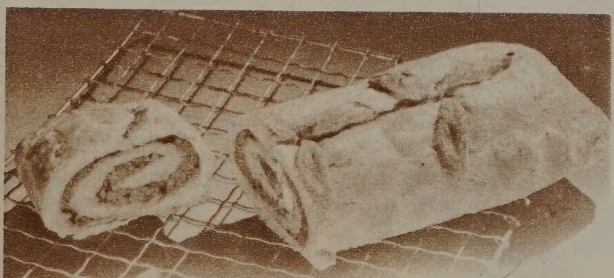
Be-Ro

Savoury Meat Roll

8-ozs. BE-RO SHORT PASTRY as on Page 17, but excluding the Sugar, rolled out in an oblong

FILLING:
8-ozs. MINCED BEEF.
1 CARROT AND ONION. (finely-chopped).
SALT and PEPPER to taste.
2 Tablespoonfuls GRAVY.

1. Mix together the Minced Beef, Carrot and Onion.
2. Add seasoning and Gravy.
3. Cover the Pastry with the meat mixture.
4. Wet the edges of pastry with a little water, and roll as for a Swiss Roll, but sealing the edges.
5. Prick over top very lightly and brush over with a little Milk.
6. Bake in a MODERATELY HOT OVEN (375°—425° F. Regulo 4—5), for one hour.



Be-Ro Shortcakes

1-lb. BE-RO S.R. FLOUR.
6-ozs. CASTER SUGAR.
8-ozs. BUTTER.
One EGG (Beaten).

1. Warm the Butter in a bowl, and mix in the beaten Egg.
2. Mix in the Flour and Sugar and KNEAD WELL.
3. Divide into two equal portions.
4. Shape and flatten one portion into a round, about 7½" diameter by 1" thick. Place on a greased baking sheet and form a groove on the top (about 1" from the edge all round), by pressing the rim of a pint basin (turned upside down) on to it. Decorate edge as illustration by cutting with a spoon Prick the top well.
5. Bake in a FAIRLY SLOW OVEN for about 45 minutes.
6. To make 18 biscuits, roll out the other portion of pastry to ¼" thickness and cut in rounds with a scone cutter.
7. Prick the tops with a fork, and bake in a FAIRLY SLOW OVEN (250°–300° F. Regulo 1-2), about 20 minutes.

Be-Ro Coffee Kisses

6-ozs. BE-RO S.R. FLOUR.
3-ozs. SUGAR.
3-ozs. MARGARINE.
One EGG beaten with One Tablespoonful Coffee Essence

FILLING:—
2-ozs. ICING SUGAR.
1-oz. MARGARINE.
A few drops of COFFEE ESSENCE.
All Beaten together to form a Cream.

1. Mix Flour and Sugar and rub in the Margarine.
2. Stir in the Egg and Coffee Essence and mix well.
3. Form into balls the size of marbles (about 80).
4. Place on greased baking sheets and Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) for 15–20 minutes.
5. When cold sandwich in pairs with the filling.

Be-Ro Cheese Fingers

8-ozs. BE-RO S.R. FLOUR.
Pinch of SALT.
3-ozs. MARGARINE.
4-ozs. CHEESE (Grated).
One EGG beaten with One Tablespoonful MILK.

1. Mix Flour and Salt and rub in the Margarine.
2. Mix in the grated Cheese, and make a stiff paste with the beaten Egg and Milk.
3. Roll out very thinly and cut into narrow fingers.
4. Place on a greased baking sheet and prick over with a fork.

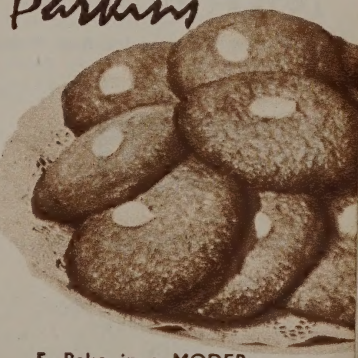
5. Bake in MODERATE OVEN (350°–375° F. Regulo 3–4) about 15–20 minutes until well browned.

Be-Ro Ginger Snaps

8-ozs. BE-RO S.R. FLOUR.
Pinch of SALT.
One Teaspoonful GROUND GINGER.
4-ozs. CASTER SUGAR.
3-ozs. MARGARINE.
4-ozs. SYRUP.
One EGG (beaten).

1. Mix all dry ingredients thoroughly.
2. Warm the Margarine and Syrup and beat together.
3. Add the dry ingredients and beaten egg alternately, a little at a time, to the Margarine and Syrup. Mix thoroughly.
4. Place single teaspoonfuls, in rounds, on a greased baking sheet.
5. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about 15 minutes.

Be-Ro Parkins



4-ozs. BE-RO S.R. FLOUR.
4-ozs. OATMEAL.
One Teaspoonful GROUND GINGER.
4-ozs. CASTER SUGAR.
2-ozs. MARGARINE.
One EGG.
One Tablespoonful SYRUP or TREACLE.
One Tablespoonful MILK.
14 ALMONDS (Blanched and Split).

1. Mix all dry ingredients together, thoroughly.
2. Rub in Margarine.
3. Add Syrup mixed with the beaten Egg, and work all into a paste with the milk.
4. Place single teaspoonfuls, in rounds on a greased baking sheet, and put a split almond on top of each.

5. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about 15–20 minutes.

Be-Ro

Rich Biscuits

8-ozs. BE-RO S.R. FLOUR.
4-ozs. CASTER SUGAR.
4-ozs. MARGARINE or BUTTER.
One EGG (beaten).
The RIND and JUICE of half a LEMON.

1. Mix Flour and Sugar in a bowl.
2. Rub in Margarine until like Breadcrumbs.
3. Add grated rind of Lemon.
4. Mix to a stiff paste with beaten Egg and Lemon Juice.
5. Roll out thinly and cut into rounds, approximately 40, with a scone cutter.
6. Place on greased baking sheet.

7. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about 15 minutes.

Be-Ro

Animal Biscuits

By using the above recipe but animal cutters, you can make these attractive biscuits.

Be-Ro *Shrewsbury Biscuits*

The same recipe as for Rich Biscuits, adding Two Tablespoonfuls of Currants.

Be-Ro *Seed Biscuits*

The same recipe as for Rich Biscuits, adding One Teaspoonful of Caraway Seeds.

Be-Ro

Rice Biscuits

8-ozs. BE-RO S.R. FLOUR.
4-ozs. BE-RO GROUND RICE.
6-ozs. CASTER SUGAR.
6-oz. MARGARINE.
4 Tablespoonfuls MILK.
16 Drops LEMON ESSENCE.

1. Mix together thoroughly, Flour, Rice and Sugar.
2. Rub in Margarine.
3. Mix to a stiff paste with Milk and Lemon Essence.
4. Roll out thinly and cut into rounds with a scone cutter.
5. Place on greased baking sheet.

6. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about 15 minutes.

Be-Ro *Oatmeal Biscuits*

5-ozs. BE-RO S.R. FLOUR.
5-ozs. OATMEAL
Pinch of SALT.
3-ozs. MARGARINE.
3-ozs. SUGAR.
3 Tablespoonfuls MILK.

1. Mix together thoroughly, Flour, Oatmeal, Salt and Sugar.
2. Rub in Margarine.
3. Mix to a stiff paste with the Milk.
4. Roll out thinly and cut into rounds with a cutter.
5. Place on greased baking sheet.
6. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about 15–20 minutes.

Be-Ro *Almond Biscuits*

6-ozs. BE-RO S.R. FLOUR.
Pinch of SALT.
3-ozs. CASTER SUGAR.
2-ozs. GROUND ALMONDS.
5-ozs. MARGARINE.
12 Drops ALMOND ESSENCE.

1. Mix together thoroughly, Flour, Salt, Sugar and Ground Almonds.
2. Rub in Margarine.
3. Add Essence and knead well.
4. Roll out to about quarter inch thickness and cut into rounds with a scone cutter.
5. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about 15 minutes.

Be-Ro *Plain Biscuits*

8-ozs. BE-RO S.R. FLOUR.
4-ozs. CASTER SUGAR.
4-ozs. MARGARINE.
3 Tablespoonfuls MILK.
12 drops VANILLA ESSENCE.

1. Mix Flour and Sugar in a bowl.
2. Rub in Margarine.
3. Mix to a stiff paste with Milk and Essence.
4. Roll out thinly and cut into rounds, with a scone cutter.
5. Place on greased baking sheet.
6. Bake in MODERATE OVEN (350°–375° F. Regulo 3–4) about 15 minutes.

Be-Ro *Date Biscuits*

The same recipe as for Plain Biscuits, adding 4-ozs. Stoned and Chopped DATES.

Be-Ro *Chocolate Biscuits*

The same recipe as for Plain Biscuits, adding Three Teaspoonfuls COCOA.

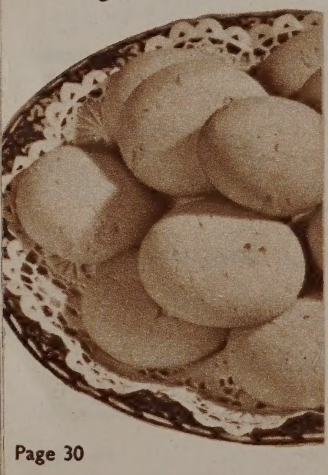
Be-Ro Flapjacks

5-ozs. BE-RO S.R. FLOUR.
4-ozs. MARGARINE.
5-ozs. SUGAR.
1-oz. CORNFLAKES.
2½-ozs. DESICCATED COCONUT

1. Melt Margarine in a Pan.
2. Mix together the remaining ingredients and stir into the melted fat.
3. Mix very THOROUGHLY. The result will be a crumbly rather dry mixture.
4. Put mixture into greased tin 9" × 12". Press very firmly flattening to an even thickness.
5. Bake for half an hour in a MODERATE OVEN (350°–375° F. Regulo 3–4).

When cooked leave for a few minutes in the tin. Turn out and cut into squares while still warm. If left until cold it will be difficult to cut evenly.

Be-Ro Grantham Gingerbread



4-ozs. BE-RO S.R. FLOUR.
4-ozs. CASTER SUGAR.
2-ozs. BUTTER or MARGARINE.
1 Level Teaspoonful GINGER.
Half Tablespoonful WATER.
1 Level Teaspoonful CARBONATE OF AMMONIA (Volatile Salt).

1. Cream Butter and Sugar.
2. Mix Flour and Ginger.
3. Add Flour to Fat mixture by degrees.
4. Mix Carbonate of Ammonia and Water with last bit of flour.
5. Mix thoroughly and knead until soft. Shape into small balls. This will make about 24.

Bake in a COOL OVEN (300° F. Regulo 2) 20–30 minutes.

Biscuits should be barely coloured.

Carbonate of Ammonia is a cooking ammonia obtainable from any good chemist.

Be-Ro Crunchies

4-ozs. BE-RO S.R. FLOUR.
2-ozs. LARD.
2-ozs. MARGARINE.
3-ozs. SUGAR.
2-ozs. ROLLED OATS.
One Teaspoonful GOLDEN SYRUP.
Three Teaspoonfuls Boiling WATER.
A few drops of VANILLA ESSENCE.

1. Cream together Fats and Sugar.
2. Add Syrup, Boiling Water and Vanilla Essence.
3. Stir in Flour and Oats and mix well.
4. Roll into Balls (about 28).
5. Place on a well greased baking sheet.
6. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) for 15-20 minutes.
7. When cool, decorate with a little Icing.

Be-Ro Brandy Snaps

2-ozs. BE-RO S.R. FLOUR.
2-ozs. SUGAR.
2-ozs. MARGARINE.
Two Tablespoonfuls GOLDEN SYRUP.
Half Teaspoonful GROUND GINGER.
One Teaspoonful BRANDY OR RUM (or Essence).
Quarter Teaspoonful Grated LEMON RIND.

1. Melt Fat, Sugar and Syrup in a Pan.
2. Remove from heat, add all other ingredients and mix well.
3. Drop Teaspoonfuls on a greased and floured Baking Sheet at least 3 inches apart, as they will spread in cooking.
4. Bake in a MODERATE OVEN (350°-375°) F. Regulo 3–4) for 7-10 minutes until golden brown.
5. Have ready one or two wooden spoon handles and a Wire Tray.
6. Remove Baking Sheet from Oven, allow to stand a moment on the Stove, until the Biscuits can be easily lifted from the Sheet with a knife.
7. Roll round the wooden spoon handle and leave for a minute to set.
8. If the biscuits become too cool and brittle to roll, place over heat for a moment to soften.
9. This mixture makes 16 Brandy Snaps.

Immediately before serving, put a little Whipped Cream or Mock Cream into the ends of each.

HINTS

Use a wooden spoon and a warm bowl to cream the Margarine and Sugar. Never allow the Margarine to "oil."

Always break Eggs separately into a cup. If one of them happens to be bad, this will prevent it spoiling the others.

Dip your spoon in Milk before spooning the batter or mixture for small cakes. This will prevent the mixture sticking to the spoon.

Grease spoon before spooning Syrup, this will help to prevent it sticking to the spoon.

Fruit, if washed, must be well dried before the Cake is mixed. Damp fruit causes heaviness.

How to test if a large cake is sufficiently cooked:-

a. When its surface is pressed lightly with a finger, the cake should rise again, no impression being left.

b. A fine hot skewer (or thin steel knitting needle) inserted into the centre of the cake, should come out clean.

c. A slight sound of bubbling inside a fruit cake indicates that the cake needs further cooking.

Always leave cakes a short while in the tin before turning them out, just long enough to "set", but not to cool. Then take them out and put to cool on a wire cooling tray.

CAKES KEEP BEST IN AN AIRTIGHT TIN, BUT THEY MUST BE QUITE COOLED FIRST.

Cakes

VARIOUS CAKES FROM ONE FOUNDATION RECIPE

THIS BE-RO idea simplifies Home Baking, and makes it easier for every woman who "keeps house" to bake her own Cakes.

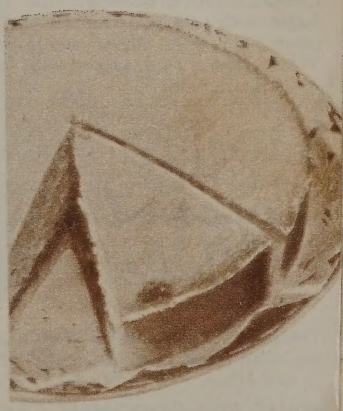
By creating a Foundation Recipe (BE-RO Sandwich Cake, as below), we have made it possible for you to make several different kinds of Cake by the mere addition of ingredients or flavourings to suit the type of Cake you prefer.

The recipes for Orange Cake, Chocolate Cake, Coconut Cake, Walnut Cake, Almond Cake, Queen Cakes and BE-RO Fancies (on pages 34, 35 and 36), are all based on this one Sandwich Cake Recipe, and form quite a wide variety of dainty Cakes, which can be turned out with little or no difficulty, once you know how to make the BE-RO Sandwich Cake.

Be-Ro *Sandwich Cake*

. . . . the Foundation Recipe

4-ozs. BE-RO S.R. FLOUR.
2-ozs. SUGAR.
2-ozs. MARGARINE.
One EGG, beaten with approximately Two Tablespoonfuls MILK.



1. Beat Margarine and Sugar to a cream in a warm basin (not hot).
2. Stir in Flour and beaten Egg-and-Milk (alternately) a little at a time, and MIX THOROUGHLY.

The Mixture should be soft.

3. Pour into a well-greased 7" Sandwich Cake tin making the top level with a knife.

4. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about 30 minutes.

When cool cut through the centre and spread with Raspberry Jam or any other filling.

Be-Ro Orange Cake

Make the same Mixture as for a BE-RO Sandwich Cake (page 33), without Milk, using instead the grated RIND AND JUICE OF ONE ORANGE (but adding the juice last). MIX THOROUGHLY.

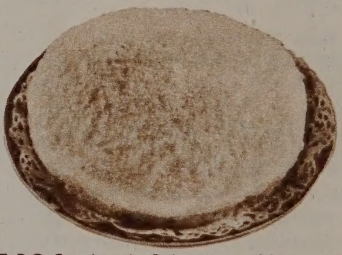
ORANGE ICING. Mix two tablespoonfuls of Icing Sugar with three teaspoonfuls of Orange Juice, and work to a smooth paste. When Cake is cool, spread with Icing and decorate with the grated rind of an orange (dried thoroughly in the oven, powdered and sprinkled over the Icing). Desiccated Coconut, previously browned in the oven, makes an alternative decoration.

Be-Ro Chocolate Cake

Make the same Mixture as for a BE-RO Sandwich Cake (page 33), with the addition of TWO TEASPOONFULS OF COCOA mixed in the Flour, and a few drops of Vanilla Essence. Make the mixture soft.

CHOCOLATE ICING Mix two tablespoonfuls of Icing Sugar with two teaspoonfuls of Cocoa and work to a smooth paste with Cold Water and a few drops of Vanilla Essence. When Cake is cool, spread with Icing, and decorate.

Be-Ro Coconut Cake



The same Recipe as for a BE-RO Sandwich Cake (page 33), with the addition of 1-oz. of DESICCATED COCONUT (Fine) mixed in the Flour.

ICING FOR COCONUT CAKE. Mix three tablespoonfuls Icing Sugar to a smooth paste with Cold Water. When the Cake is cool, spread with Icing and cover with Coconut.

Be-Ro Walnut Cake

The same Recipe as for a BE-RO Sandwich Cake (page 33) with the addition of 1-oz. of SHELLED WALNUTS (chopped).

ICING FOR WALNUT CAKE. Mix two tablespoonfuls Icing Sugar to a smooth Paste with Cold Water. Flavour with Vanilla Essence. When Cake is cool, spread with Icing and decorate with shelled Walnuts.

Be-Ro Almond Cake

The same Recipe as for a BE-RO Sandwich Cake (page 33), with the addition of 1-oz. GROUND ALMONDS and a few drops of ALMOND ESSENCE. Place a few blanched and split Almonds on top before putting into Oven.

Be-Ro Queen Cakes

The same Recipe as for a BE-RO Sandwich Cake (page 33), with the addition of 1-oz. CURRANTS, mixed with the BE-RO Flour, and a few drops of FLAVOURING ESSENCE added last. MIX THOROUGHLY. Half fill 12 paper cups or well-greased bun tins, and bake in a HOT OVEN (425°–450° F. Regulo 6–7) about 15 minutes, until firm to the touch in the centre.

Be-Ro Butterfly Cakes

. . . Favourites of all Children

Follow the Sandwich Cake Recipe as on Page 33, adding a few drops flavouring Essence. Half fill 12 paper cups and Bake in a HOT OVEN (425°-450° F. Regulo 6–7). When cold carefully cut a slice from the top of each and cut this in half. Place a dab of whipped cream, or butter cream, into the cavity and arrange the 'wings' of cake as illustrated.

The Same Recipe as for a BE-RO Sandwich Cake (page 33), BUT DOUBLE QUANTITIES, viz:—

8-ozs. BE-RO S.R. FLOUR.
4-ozs. CASTER SUGAR.
4-ozs. MARGARINE.
Two EGGS, beaten with Four Tablespoonfuls of MILK.
12 drops of LEMON ESSENCE.

1. Beat Sugar and Margarine to a cream.
2. Stir in beaten Eggs-and-Milk and Flour (alternately a little at a time).
3. MIX THOROUGHLY, adding a few drops of Flavouring Essence.
4. Spread into a well greased dripping tin.

5. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about 30 minutes until firm in the centre.

When cool spread with icing.

ICING FOR BE-RO FANCIES. Mix four tablespoonfuls Icing Sugar to a smooth paste with Cold Water. Flavour with Essence as desired. Dip a knife in hot water to spread Icing over Cake. Cut into shapes—diamonds, rounds, triangles, fingers, etc., and decorate in various ways with Cherries, Walnuts, Almonds, Coconut, Violets, etc.

Be-Ro Gingerbread

12-ozs. BE-RO S.R. FLOUR.
1 Teaspoonful GROUND GINGER.
1 Teaspoonful MIXED SPICE.
6-ozs. SUGAR.
4-ozs. MARGARINE.
2 Tablespoonfuls TREACLE.
1 EGG, beaten with
1 Teacupful MILK.

1. Mix the Flour and Spices.
2. Beat the Sugar and Margarine to a cream.
3. Stir in the Treacle.
4. Add the dry ingredients, and the beaten Egg and Milk (alternately, a little at a time), and MIX THOROUGHLY.
   (To add a little chopped Lemon Peel, Preserved Ginger, or a few Raisins, is an improvement).
5. Pour into a shallow, greased dripping tin and bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) about three quarters of an hour.

Cut into fingers or squares.

Be-Ro Iced Ginger Cake

Be-Ro Gingerbread Recipe with the addition of 2-ozs. Crystalised Ginger.

Save about 20 small slices Ginger for decorating top.

Chop remainder and add to dry ingredients.

When cake is cold cover top with White Icing and decorate with Ginger Slices as illustrated.

Be-Ro Sponge Parkin

1-lb. BE-RO S.R. FLOUR.
Pinch of SALT.
2 Teaspoonfuls GROUND GINGER.
8-ozs. CASTER SUGAR.
2-ozs. MARGARINE.
8-ozs. TREACLE.
One EGG, beaten with
Half Pint MILK.

1. Mix together thoroughly, Flour, Salt, Ginger and Sugar.
2. Warm the Margarine and Treacle, and beat together.
3. Add the dry ingredients, and the beaten Egg and Milk (alternately, a little at a time), and MIX THOROUGHLY.
4. Pour into a greased, shallow dripping tin, and BAKE IN A MODERATE OVEN (350°–375° F. Regulo 3–4) about 1½ hours. Cut into squares.

Be-Ro

Swiss Roll

3-ozs. BE-RO S.R. FLOUR. Two EGGS.
3-ozs. CASTER SUGAR. JAM or LEMON CURD.

1. Break two Eggs into a bowl, whisk together then add the Sugar and whisk until a thick cream.

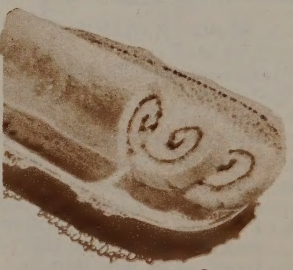
2. Fold the Flour in lightly, a little at a time.

3. Spread the mixture on a well greased Swiss Roll Tin 9" × 12" and bake in a HOT OVEN 425°—450° F. Regulo 6—7), for 7 to 8 minutes. Do not over cook or it will crack when rolling.

4. Turn upside down on to a sugared greaseproof paper.

5. Spread thinly with Raspberry Jam. Turn in the Short Ends nearest to you and form a Roll.

6. Form a Roll deftly (but not tightly) drawing the paper over it and away from you. Fold the paper around it. Leave for a minute to set Unfold and leave to cool.



Be-Ro

Sponge Drops

The same mixture as the BE-RO SWISS ROLL.

Place in teaspoonfuls on a greased Baking Sheet, keeping them well apart. Bake in a HOT OVEN (425°-450° F. Regulo 6–7) about 5 minutes. When cold, sandwich together with either Jam or Cream.

Be-Ro

Sponge Fingers

The same as the Swiss Roll Recipe, using finger shaped tins. When cool, dip or spread the ends with chocolate which has been warmed over hot water to soften.

Be-Ro Coconut Sponge Shapes

THE SAME MIXTURE AS THE BE-RO SWISS ROLL. Use small finger-shaped and other shaped tins (greased). Bake in a HOT OVEN (425°–450° F. Regulo 6–7) about 8 minutes. When cold, brush with Jelly or Jam, and sprinkle all over with Coconut.

Be-Ro Sponge Sandwich

THE SAME MIXTURE AS THE BE-RO SWISS ROLL. Put into a well-greased round cake tin (7″ in diameter, and 3″ deep). BAKE IN A MODERATE OVEN (350°–375° F. Regulo 3–4) about 30 minutes, if heat correct. When cool, cut through and spread with Jam, Lemon Curd, or other filling.

Be-Ro Sponge Sweet

Half the quantity of the Swiss Roll Mixture baked in a 7" Sandwich Cake Tin for about 8 minutes. (425°–450° F. Regulo 6–7). Split and fill with fruit and cream. This makes a delicious Sweet.

Trifles

The basis for these is BE-RO Sponge Sandwich. Split and spread with Jam and soak with fruit juice (and Sherry if desired), cover with Custard and decorate.

Be-Ro

Chocolate Spice Cake

6-ozs. BE-RO S.R. FLOUR.
4-ozs. MARGARINE.
7-ozs. SUGAR.
Half Teaspoonful SALT.
Half Teaspoonful CINNAMON.
Half Teaspoonful PUDDING SPICE.
Quarter Teaspoonful GROUND CLOVES.
2 EGGS (Yolks and Whites separated).
2-ozs. Plain CHOCOLATE.
2 Teaspoonfuls finely chopped CANDIED PEEL.
8 Tablespoonfuls MILK.

1. Cream together the Sugar and Margarine until fluffy.
2. Blend in the melted Chocolate and the 2 YOLKS of EGGS.
3. Mix the Salt and Spices with the Be-Ro, and stir in alternately with the Milk.
4. Fold in the stiffiy beaten Egg Whites and the Candied Peel.
5. Bake in a MODERATE OVEN (350° F. Regulo 3) about 45 minutes—in a tin about 8" square. Cool and spread with Icing.

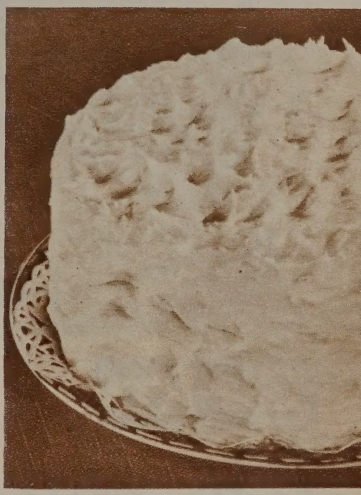
Leaving out Spices and Candied Peel, the above makes a delicious Chocolate Cake.

ICING

1-oz. MARGARINE.
5-ozs. ICING SUGAR.
3 Teaspoonfuls COCOA.
About 1 Tablespoonful BOILING WATER.
Few drops VANILLA ESSENCE.

1. Cream Margarine and beat in Icing Sugar and Cocoa.
2. Gradually stir in 1 Tablespoonful BOILING WATER, add VANILLA ESSENCE and beat well.

Be-Ro Layer Cake



6-ozs. MARGARINE.
6-ozs. CASTER SUGAR.
3 EGGS.
6-ozs. BE-RO S.R. FLOUR.

1. Cream Margarine and Sugar until very soft and light.
2. Beat the Eggs and add a little at a time to the Margarine and Sugar.
3. Stir Flour gently into the Egg and Margarine Mixture.
4. Grease two 7" Sponge Sandwich Cake tins. Divide the mixture between these.
5. BAKE for approximately 25 minutes in a MODERATELY HOT Oven (375°–400° F. Regulo 4).

When cooked and cooled, split each cake and sandwich together with the Icing. Then spread more Icing on the bottom of one cake and place the other on top.
Cover the whole cake (top and sides) with the remainder of the Icing.

ICING.
1-lb. ICING SUGAR.
4-ozs. MARGARINE.
2 Teaspoonfuls VANILLA ESSENCE.
4 Tablespoonfuls top of the MILK or CREAM.

Blend Icing Sugar and softened Margarine. Stir in, until smooth, the cream and the Vanilla Essence.

Be-Ro Coffee Layer Cake

Directions as above but add 2 teaspoonfuls of Coffee Essence to the mixture.

COFFEE ICING.

Leave out one Tablespoonful of Cream, and add one Tablespoonful of Coffee Essence.

Be-Ro

Milk Chocolate Cake

Grease and Flour 2 deep 7" tins. Not loose bottomed, as mixture is very soft and would run out.

Sift together—
- 7-ozs. BE-RO S.R. FLOUR.
- 8-ozs. CASTER SUGAR.
- ¾ Teaspoonful SALT.
- 2 Tablespoonfuls COCOA.

Rub in:—
- 4-ozs. MARGARINE.

Stir in:—
- 2 BEATEN EGGS mixed with
  - 5 Tablespoonfuls EVAPORATED MILK.
  - 5 Tablespoonfuls WATER.
  - 1 Teaspoonful VANILLA ESSENCE.

Beat well.
Bake for 35 minutes in a MODERATE OVEN (350° F. Regulo No. 3).

MILK CHOCOLATE ICING.

Melt together ... 2½-ozs. MARGARINE.
4 Tablespoonfuls COCOA.

Stir in ... ... 8-ozs. ICING SUGAR.
3 Tablespoonfuls hot scalded MILK.
1 Teaspoonful VANILLA ESSENCE.

Beat until thick.

Put a layer between cakes and ice top and sides.

Be-Ro Cherry Cake

8-ozs. BE-RO S.R. FLOUR.
6-ozs. CHERRIES (cut into quarters).
4-ozs. SUGAR.
4-ozs. MARGARINE.
Two EGGS, beaten with
Four Tablespoonfuls MILK.
and 12 drops VANILLA ESSENCE.

1. Mix Flour and Cut Cherries.
2. Beat Sugar and Margarine to a cream.
3. Stir in beaten liquids and Flour (alternately a little at a time) and MIX THOROUGHLY.
4. Use a well-greased 6" Cake tin (3" deep).
5. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) for about an hour and a quarter.

Be-Ro Sultana Cake

The same recipe as for a BE-RO Cherry Cake, but use 6-ozs. SULTANAS in place of the Cherries.

Be-Ro Seed Cake

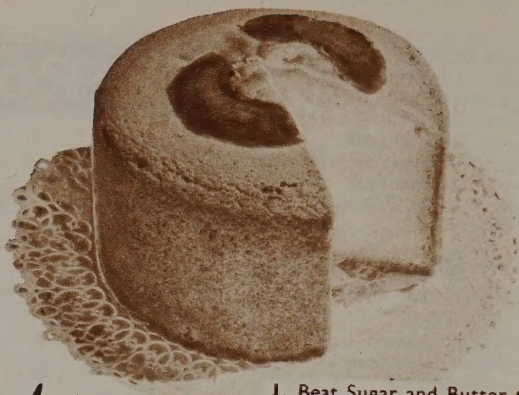
The same Recipe as for a BE-RO Cherry Cake, but use one dessertspoonful of CARAWAY SEEDS in place of Cherries and leave out the Essence. Mix Seeds in the Flour and proceed as with Cherry Cake.

Be-Ro Marmalade Cake

8-ozs. BE-RO S.R. FLOUR.
4-ozs. SUGAR.
4-ozs. MARGARINE.
4-ozs. MARMALADE.
Two EGGS beaten with
4 Tablespoonfuls MILK.

1. Beat Sugar and Margarine to a cream (in a warm basin).
2. Mix in the Marmalade.
3. Stir in Flour and beaten Eggs and Milk (alternately a little at a time).
4. MIX THOROUGHLY, making a soft mixture.
5. Pour into a well-greased 6" Cake tin (3" deep).
6. BAKE IN A MODERATE OVEN (350°–375° F. Regulo 3–4) about an hour-and-a-quarter.

(Apricot Jam may be used in place of Marmalade).



Madeira Cake

8-ozs. BE-RO S.R. FLOUR.
5-ozs. SUGAR.
5-ozs. BUTTER.
Two thin strips of PEEL.
Two EGGS, beaten with
Three Tablespoonfuls MILK,
and 12 drops of LEMON
ESSENCE.

1. Beat Sugar and Butter to a cream.
2. Stir in Beaten Liquids and Flour (alternately a little at a time).
3. MIX THOROUGHLY.
4. Use a well-greased 6" Cake tin (3" deep).
5. Place the Strips of Peel on the top.

6. Bake in a MODERATE OVEN (350°-375° F. Regulo 3–4) for about an hour-and-a-quarter.

Be-Ro Family Cake

8-ozs. BE-RO S.R. FLOUR.
Half Teaspoonful
MIXED SPICE.
6-ozs. CURRANTS.
1-oz. PEEL (chopped).
4-ozs. SUGAR.
4-ozs. MARGARINE.
Two EGGS, beaten with
Four Tablespoonfuls MILK.

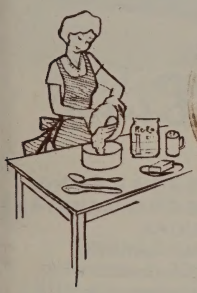
1. Mix Flour, Spice, Currants and Chopped Peel all together.
2. Beat Sugar and Margarine to a Cream.
3. Stir in beaten Eggs and Milk, and Flour, (alternately a little at a time).
4. MIX THOROUGHLY.
5. Use a well-greased 6" Cake tin (3" deep).

6. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) for about an hour-and-a-quarter.

8-ozs. BE-RO S.R. FLOUR.
12-ozs. MIXED FRUIT.
4-ozs. MARGARINE or BUTTER.
1 BEATEN EGG.
Quarter Pint WATER.
4-ozs. SUGAR.

Be-Ro Easy Fruit Cake

1. Put Fruit, Sugar, Margarine or Butter and Water in pan.
2. Simmer slowly for 20 mins.
3. Allow to cool.
4. Add beaten Egg and stir in Be-Ro Flour.
5. Turn into greased 6" tin.
6. Bake in a VERY MODERATE OVEN (300°–350° F. Regulo 2–3) for about 1½ hours.



Be-Ro Birthday Cake

8-ozs. BE-RO S.R. FLOUR.
One Teaspoonful MIXED SPICE.
5-ozs. CASTER SUGAR.
5-ozs. BUTTER.
6-ozs. CURRANTS.
6-ozs. SULTANAS.
2-ozs. Chopped PEEL.
Two EGGS, beaten with
6 Tablespoonfuls MILK.

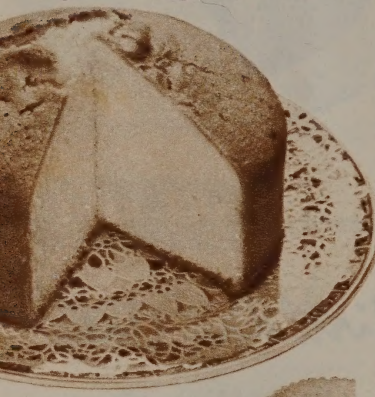
1. Mix Flour and Spice.
2. Clean and mix the Fruit.
3. Beat Butter and Sugar to a cream in a Warm Basin.
4. Beat Eggs and Milk together.
5. Stir, (alternately, a little at a time) the Flour mixture, and the eggs and milk with the Butter and Sugar. Add the Fruits last.
6. MIX THOROUGHLY.
7. Line a 7" Cake tin (3" deep) with greased paper, pour in the mixture.
8. BAKE FOR 2½ HOURS (the first hour in a MODERATE OVEN 350°–375° F. Regulo 3–4, then in a SLOW OVEN 250°–300° F. Regulo 1–2).

Be-Ro

Ground Rice

It makes delicious Cakes and Biscuits, Ground Rice Pudding and Blanc Mange.
(Recipes on packets).

Be-Ro Rice Cake and Buns



5-ozs. BE-RO S.R. FLOUR.
3-ozs. BE-RO GROUND RICE.
4-ozs. SUGAR.
4-ozs. MARGARINE.
Two EGGS (beaten with Four Tablespoonfuls MILK).
12 drops of ESSENCE (Lemon or Almond).

1. Mix Flour and Ground Rice.
2. Beat Sugar and Margarine to a cream.
3. Stir in beaten eggs and milk, and Flour (alternately a little at a time).
4. Add Essence.
5. MIX THOROUGHLY.

For One Large Cake:—
Use a well-greased 6" Cake tin (3" deep).

Bake in a MODERATE OVEN for about an hour-and-a-quarter. (350°–375° F. Regulo 3–4).

For Small Buns:—
Half fill 20 paper cups, or well-greased patty tins.
Place half a cherry on top of each.
Bake in a HOT OVEN (425°–450° F. Regulo 6–7) 15 to 20 minutes.

Battenburg Cake

2½-ozs. BE-RO S.R. FLOUR. 1½-ozs. MARGARINE.
2½-ozs. SUGAR. 2 EGGS.

1. Melt the Margarine and allow to cool.
2. Whisk the Eggs thoroughly, add Sugar and whisk again until very thick and creamy.
3. Stir in the Melted Margarine alternately with the Flour.
4. Colour half the mixture pink. Pour mixture into two greased loaf tins (or a tin which is about 1" in depth). Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) for 14–20 minutes.
5. Cool and cut into 1" wide strips, 2 pink and 2 plain. Sandwich them alternately together with lemon Curd.

ALMOND ICING

Mix together—
- 4-ozs. GROUND ALMOND.
- 2-ozs. ICING SUGAR.
- 2-ozs. CASTER SUGAR.
- and enough Egg to mix to a stiff paste.

Roll paste out the length and width of all four sides of cake. Stick on with Lemon Curd. Mark lines on the top lightly with a knife from corner to corner, forming diamonds.

Be-Ro *Xmas Cake*

12-ozs. BE-RO S.R. FLOUR.
One Teaspoonful MIXED SPICE
4-ozs. GROUND ALMONDS.
8-ozs. CURRANTS.
8-ozs. SULTANAS.
8-ozs. RAISINS (stoned).
4-ozs. CHERRIES (halved).
4-ozs. PEEL (chopped).
8-ozs. BUTTER.
8-ozs. CASTER SUGAR.
4 EGGS, Beaten with
8 Tablespoonfuls MILK.

1. Clean and mix the Fruit.

2. Mix Flour, Spice and Ground Almonds.

3. Beat Butter and Sugar to a cream in a warm bowl.

4. Beat Eggs and Milk together.

5. Stir in (alternately a little at a time) the Flour Mixture and Eggs and Milk, with the Butter and Sugar.

6. Add the Fruit last.

7. MIX THOROUGHLY.
If a darker cake is desired, add one teaspoonful of Gravy Browning.

8. Use a large round cake tin (8″ in diameter) lined with greased paper.

9. BAKE about 4 hours, the first hour in a MODERATE OVEN (350°–375° F. Regulo 3–4) and then a SLOW OVEN (250°–300° F. Regulo 1–2). See Oven Hints on Page 3. and 32

How to Ice a Cake!

FIRST LAYER . . . ALMOND ICING.

1-lb. GROUND ALMONDS. One Dessertspoonful ROSE
12-ozs. ICING SUGAR. WATER.
12-ozs. CASTER SUGAR. Yolks of 4 EGGS.

1. Mix Almonds, Sugars and Rose Water to a stiff dough, with the Egg Yolks.
2. If top of cake is uneven, straighten by cutting a slice off, or by levelling it with pieces of the Icing.
3. Brush over with beaten Egg to prevent the Icing falling off when the cake is cut.
4. Divide the Icing into three portions.
5. Roll one-third into a strip long enough to go round the Cake, the same depth as the Cake. Press on to the side of the Cake. Cover the other side of the Cake in the same way. Roll the remaining third into a circle and press on to the top of the Cake. Smooth the joins in the Icing with a knife, until not visible. At this stage it is most important that the Cake should be a good shape, the Icing should look perfectly smooth, the top level, and there should be a sharp edge round the top of the cake. A little Icing Sugar sprinkled on the rolling pin and boards makes rolling easier. It is also a help to stand the cake on an inverted dinner plate, if an Icing table is not available.

SECOND LAYER . . . ROYAL ICING.

1-lb. ICING SUGAR. Two Teaspoonfuls LEMON
WHITES OF 4 EGGS. JUICE.

1. Sieve the Icing Sugar.
2. Add Lemon Juice.
3. Mix with the Whites of Eggs. (When mixed a little Icing dropped into the bowl from the spoon should find its own level).
4. BEAT THOROUGHLY (about 15 minutes) with a wooden spoon until Icing is White.
5. Pour all the Icing on to the top of the Cake and allow it to run down the sides. If necessary it may be eased over the top of the Cake with a long-bladed knife. The Icing that runs off the cake should be collected on a large plate, put into a basin, and kept for decorating. If any part of the side remains uncovered with Royal Icing, apply a little with a round-ended knife. Allow the Royal Icing to harden before decorating.

DECORATION

1. Stiffen up the Royal Icing that was left by adding more sieved Icing Sugar, until it will stand up in points when beaten with a knife. Press this through forcing tubes in different shapes as required on the Cake.

   A simpler method is to decorate with Preserved Fruits, Holly Leaves, Christmas Decorations, etc. These may be stuck on by means of a little Royal Icing.

   An attractive Cake may be made by tinting the Royal Icing with culinary colours sold for the purpose, and by using a slightly deeper shade for the forcing.

PUDDINGS

Be-Ro Pot Pie (Beef Steak Pudding)

8-ozs. BE-RO S.R. FLOUR.
3-ozs. Shredded SUET or MARGARINE.
Half Teaspoonful SALT.
1½-lb. BEEF STEAK (or Steak and Kidney).

1. Mix Flour, Salt and Suet, and make a stiff dough with Cold Water.
2. Cut off half, roll it out and line a well-greased pint basin.
3. Cut the Meat into pieces and roll it into Flour to which has been added a little Pepper and Salt, and put into the basin, adding a teacupful of Cold Water.
4. Moisten the edge, roll out the remaining dough and place it on top, joining it securely by nipping.
5. PRICK THE TOP.
6. Put the pudding into a steamer over boiling water, and steam for 3 hours. Keep the water boiling continuously.

Be-Ro Fruit Pudding

Make the same dough as for BE-RO POT PIE.

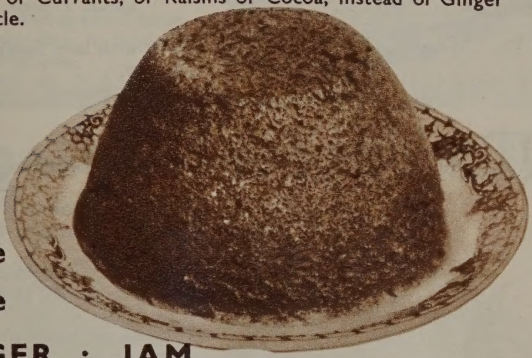
1. Cut off half. Roll out and line a well-greased pint basin.
2. Place any kind of FRUIT, with SUGAR to sweeten inside, and add a little COLD WATER.
3. Moisten the edge, roll out the remaining dough and place it on top, joining it securely by nipping.
4. PRICK THE TOP.
5. Put the Pudding into a steamer over boiling water, and steam for two hours, keeping the water boiling continuously.

Be-Ro Ginger Pudding

8-ozs. BE-RO S.R. FLOUR.
Quarter Teaspoon SALT.
One Teaspoonful GROUND GINGER.
2-ozs. MARGARINE or SUET.
Two Tablespoonfuls SUGAR.
Two Tablespoonfuls TREACLE.
Three Tablespoonfuls MILK.
(If desired, an EGG may be used instead of MILK).

1. Mix the Flour, Salt and Ginger, and rub in the Margarine or Suet.
2. Add other ingredients and mix well.
3. Put into a well-greased basin and STEAM for from 2 to 2½ hours.

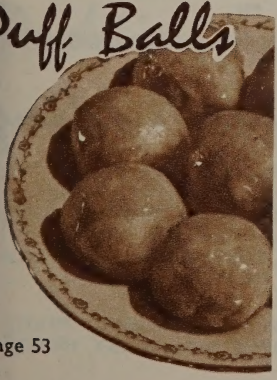
From the above Ginger Pudding Recipe you can make eight or more different Puddings by using Marmalade or Jam, or Figs or Dates, or Currants, or Raisins or Cocoa, instead of Ginger and Treacle.



From one simple Recipe

GINGER · JAM
FIG · CURRANT · DATE · RAISIN
MARMALADE OR CHOCOLATE

Be-Ro Puff Balls



4-ozs. BE-RO S.R. FLOUR.
Pinch of SALT.
2-ozs. Shredded Suet or Margarine.
1 Teaspoonful SUGAR.
1 EGG, and a little MILK.

1. Mix Flour, Salt, Suet and Sugar.
2. Add a Beaten Egg, and sufficient Milk to make a stiff dough.
3. Form into balls, the size of a golf ball.
4. Put on a greased plate into a steamer over boiling water, and steam for 1 hour.

Serve with Golden Syrup, Jam or Marmalade.

Be-Ro Sponge Castles

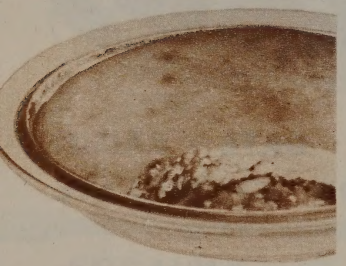
8-ozs. BE-RO S.R. FLOUR.
4-ozs. SUGAR.
4-ozs. MARGARINE.
2 EGGS, beaten with
4 Tablespoonfuls MILK.

1. Beat the Sugar and Margarine to a cream, then stir in the beaten Eggs-and-Milk and the Flour (alternately, a little at a time), and MIX THOROUGHLY.
2. Use small tin moulds, well greased. ("Dariole" moulds or Patty tins).

3. BAKE IN A HOT OVEN (425°–450° F. Regulo 6–7) about 20 minutes, or STEAM about 1 hour.

Serve with Jam, Sauce or with Custard.

Be-Ro Eve Pudding



1. Slice sufficient APPLES to three quarters fill a pie dish.
2. Add 2 Tablespoonfuls of Sugar, and 2 Tablespoonfuls Water.
3. Stew for a short time, then cover with BE-RO SANDWICH CAKE MIXTURE (see page 33).

4. Bake in a MODERATE OVEN (350°–375° F. Regulo 3–4) for about 40 minutes.

NOTE:—For a variation, other fruit may be used, such as Rhubarb, Plums, Raspberries, etc.

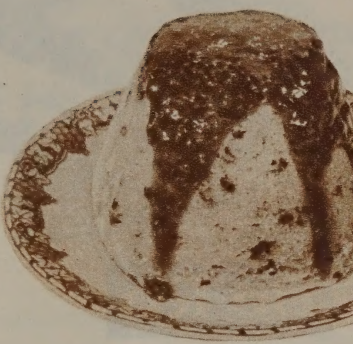
Be-Ro Xmas Pudding

4-ozs. BE-RO S.R. FLOUR.
Pinch of SALT.
Half Nutmeg (grated)
4-ozs. SUGAR.
4-ozs. SHREDDED SUET.
4-ozs. CURRANTS.
4-ozs. SULTANAS.
2-ozs. CHOPPED PEEL.
4-ozs. CARROTS (grated).
The Grated RIND and JUICE of a LEMON.
2 EGGS beaten with a little MILK.

Mix in the above order and stir until THOROUGHLY MIXED. STEAM in a well-greased Pudding Basin for SIX HOURS.

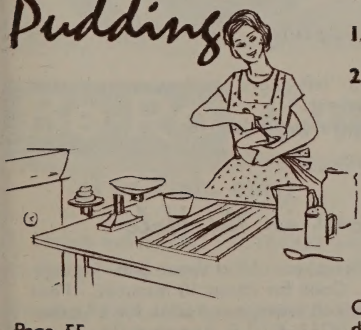
Be-Ro Delicious Pudding

4-ozs. BE-RO S.R. FLOUR.
2-ozs. SUGAR.
1-oz. CURRANTS.
1-oz. RAISINS.
2-ozs. MARGARINE.
1 EGG and a little MILK.
1 Tablespoonful JAM.



1. Rub the Margarine into the Flour.
2. Add the Sugar and Fruit, then the beaten Egg and Milk (about 1 Tablespoonful), and MIX THOROUGHLY.
3. Use a well-greased basin. Put the Jam in first, then the Mixture. STEAM for 1½ hours. Serve with Sauce or Custard.

Be-Ro Countess Pudding



4-ozs. BE-RO S.R. FLOUR.
2-ozs. MARGARINE.
2-ozs. SUGAR.
2 Tablespoonfuls CURRANTS.
12 Drops LEMON ESSENCE.
1 EGG and a little MILK.

1. Rub the Margarine into the Flour.
2. Add the Sugar, Currants and Lemon Essence, then the beaten Egg and a little Milk, and MIX THOROUGHLY.
3. Put into a greased pie dish and BAKE IN A MODERATE OVEN (350°–375° F. Regulo 3–4) about half an hour.

Custard Sauce may be used if desired.

Be-Ro Pancakes

5-ozs. BE-RO S.R. FLOUR.
Quarter Teaspoonful SALT.
2-ozs. LARD or FAT.
1 EGG.
Half Pint MILK.

USE A SMALL FRYING PAN, AND MAKE PANCAKES VERY THIN.

1. Mix Flour and Salt in a basin.
2. Make a hollow in the centre and drop in the Egg (previously broken into a cup).
3. Stir with a wooden spoon and add the Milk gradually until the Flour is all worked in.

(You will still have some Milk left).

4. Beat well and add the remaining Milk.
5. For each Pancake, melt about a teaspoonful of the Fat, in a pan, on a fairly brisk heat.
6. When it commences to smoke, stir the batter and spoon-in two tablespoonfuls
7. When brown underneath, turn, and cook the other side. When done, turn it out on to a sugared paper.
8. Sprinkle with Sugar and roll it up.
9. Place on a hot dish and SERVE IMMEDIATELY with SUGAR or SYRUP, LEMON or ORANGE.

Be-Ro Savoury Pancakes

This is a good way of using up "left-overs" such as minced-meat, fish, vegetables and tomatoes, etc.
Put the heated filling in centre and fold over.

Be-Ro Toad in the Hole

Use the same batter as for Pancakes. Skin about ½-lb. Sausage, cut in half, and place in tin. Cook for about 10 minutes. Pour the batter over the partly cooked sausage and cook for a further 30 minutes in a HOT OVEN (425°–450° F. Regulo 6–7).

Be-Ro Yorkshire Pudding

1. Make the same Batter as for Be-Ro Pancakes.
2. Melt 2 Tablespoonfuls Dripping (preferably from the Meat that the Pudding will be served with) in a Yorkshire Pudding tin, making it run all over the inside.
3. Pour in all the batter and bake in a HOT OVEN (425°–450° F. Regulo 6–7) about half an hour.

When done cut into squares and serve with the Meat.

Be-Ro Puffs

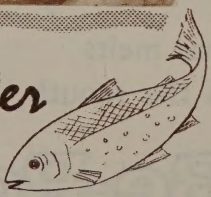
(with Bacon for Breakfast)

1. Mix 2 or 3 Tablespoonfuls BE-RO S.R. FLOUR and a pinch of SALT.
2. Add Water, and mix into a stiff Batter.
3. Drop by Teaspoonfuls into a frying-pan containing boiling bacon fat.

When brown, turn; when cooked, serve with breakfast Bacon.

Be-Ro Batter

(For Fish, etc.)



1. Simply mix BE-RO S.R. FLOUR with a little SALT (according to the quantity required), and make a stiff batter with water.

Dipping TRIPE, FISH, or THINLY SLICED POTATOES in this Batter before frying makes a nice change in method of cooking.

Be-Ro Fritters

4-ozs. BE-RO S.R. FLOUR.
Pinch of SALT.
1 Teaspoonful SUGAR.
1 EGG and a little MILK.
1 Teaspoonful melted MARGARINE.
2 BANANAS (sliced into rings).

1. Mix Flour, Salt and Sugar in a basin.
2. Make a hollow in the centre and drop in the Egg—(previously broken into a cup).
3. Add sufficient Milk to make a STIFF Batter.
4. Then add a Teaspoonful of melted Margarine and the sliced Banana rings and stir.
5. Drop by Teaspoonfuls into a frying pan containing boiling Lard.
   When browned, turn and cook other side.
6. Dust with Caster Sugar and serve HOT.

Sliced Apple or Pineapple may be used instead of Banana.

A special Be-Ro delicacy

that melts in the mouth

Full instructions for making are on each Carton, and if these are followed very carefully, perfect results will be obtained.

Be-Ro SNOWCAKE MIXTURE

NOTES

BE-RO Self-Raising Flour is packed in strong paper Bags, full weight without the paper by means of automatic electric weighing, filling, and packing machines, in manufacture it is untouched by hand, and comes to you pure and fresh.

There are three sizes, one-pound, three-pound and six-pound. Beginners generally start by using the one-pound size, and wisely so; but when they find out the merits of BE-RO and what pleasing results they get from its use, they find the three-pound and six-pound bags more economical. If you have not yet used BE-RO, start using it to-day.

If you are already a regular user, may we ask the favour of a recommendation to your friends?

Thomas Bell & Son Ltd.

BE-RO WORKS : *Bath Lane, Newcastle-on-Tyne, 1*
BE-RO WORKS : *Daybrook Nottingham*

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